

CHRISTIAN SOCIAL SERVICES COMMISSION (CSSC)
NORTHERN ZONE JOINT EXAMINATIONS SYNDICATE (NZ-JES)



FORM TWO PRE-NATIONAL ASSESSMENT AUG 2025

LIFE SKILLS
MARKING SCHEME

SECTION A (15 MARKS)

1. @1 = 10 Marks

i.	ii.	iii.	iv.	v.	vi.	vii.	viii.	ix.	x.
C	D	B	A	D	D	D	B	D	A

2. @1 = 05 Marks

LIST A	i.	ii.	iii.	iv.	v.
LIST B	E	G	F	B	C

SECTION B (70 MARKS)

ANSWER ALL QUESTION FROM THIS SECTION

3. @2 = 10 marks.

- Self-Identification:** means to believe that you are a particular kind of person, especially when other people do not think that you are that kind of a person.
- Self Confidence:** refers to a feeling of trust in oneself and in one's own skills and abilities. E.g high and low self confidence
- Emotion:** refers to the mentally and psychological state associated with a wide variety of feelings, thoughts and behavior e.g joy/sadness.
- Values:** the regard that something is held to deserve; the importance, worth, or usefulness of something. (e.g honest).
- Interpersonal relationship:** can be defined as a relatively long-term of association between two or more people. E.g Friends, Clubs etc.

4. Importance of learning Life skills to the student of Tanzania. Provide five (5) points. (@ 2 = 10 marks)

- i) They enable a person to manage his or her life properly.
- ii) They enable a person to know what to do at a certain time and what not to do. E.g in a wedding ceremony or in a funeral.
- iii) They help an individual to understand one self (to have self - awareness)
- iv) They enable a person to build positive relationship with others.
- v) They help human being to survive under difficult conditions.
- vi) They promote responsibilities to the society.
- vii) They enable a person to solve problems in the daily life.

5. List five (5) of them. Name, Age, Hobbies / likes and dislikes / interests, clan/nationality, position, your values in terms of monetary and non - monetary. (@ 2 = 10 marks)

6. Factors for making decision. Mention five (5) of them. .(@ 2 = 10 marks)

- i. Define the problem.
- ii. Know and practice a decision making.
- iii. Predict outcome
- iv. Determine the best alternative
- v. Evaluate outcome
- vi. Avoid fast decision

7. Outline seven (7) steps involved in problem solving. .(@ 2 = 14 marks)

- i) Problem definition
- ii) Problem analysis
- iii) Generate possible solution
- iv) Analyzing solution
- v) Select a best solution
- vi) Implementation
- vii) Evaluation

8. Different between Low and High self – esteem. (@ 2 = 10 marks)

S/N	LOW SELF - ESTEEM	HIGH SELF – ESTEEM
1.	Can't make decisions due to fear of making mistakes	Takes his/her own decision.
2.	Ignoring his / her needs and wants	Takes care of his/her needs and wants.
3.	Easily irritable feels attacked by others	Doesn't take things personally.
4.	Compares himself / herself to others	Doesn't compare to others
5.	Oversensitive to criticism	Can take constructive criticism.
6.	High self – criticism and perfectionism	Accepts his / her flaws and mistakes.
7.	Can't set healthy boundaries	Sets boundaries when needed.
8.	Excessive negative comparison of self to others	Happy and confident in self.

9. Long form of the following abbreviations: (@ 1 = 06 marks)

- i) AIDS – Acquire Immune Deficiency Syndrome.
- ii) BCC – Behavior Change Communication

- iii) CBOs - Community Based Organizations
- iv) FGM - Female Genital Mutilation
- v) NGOs - Non Governmental Organizations
- vi) VET – Vocational Education and Training.

SECTION C (15 MARKS)

ANSWER ONE (1) QUESTION FROM THIS SECTION

9. Life skills are the mental abilities that you use to control yourself and your environment. What are the impacts of not applying life skills in daily life? Provide five (5) points.
- i) Not having effective communication skills can lead to misunderstanding and conflict.
 - ii) Poor problem solving skills can result in ineffective solution and increased stress.
 - iii) Lack of self-management skills can lead to procrastination, poor time management and difficulty achieving goals.
 - iv) Ineffective decision making can result in poor choices and negative outcomes.
 - v) Lack of interpersonal skills can lead to isolation and difficulty building and maintaining relationships.
 - vi) Students can add more. **Introduction: 3, Main body @2 = 10 Conclusion: 2 Total 15**
10. a) What does HIV stand for? Human Immunodeficiency Virus **2 Marks**
- b) Write an essay on the negative effects of stigmatization against people living with HIV and AIDS.
- i. Fear ii. Death of people iii. People isolated
 - iv. Economic fall v. Feelings of shame and hopelessness. Students can add more points. **Introduction: 2, Point and explanations @2.5 = 10 Conclusion: 1 Total 12 so, A and B = 15 marks.**